MAINE HEALTH ALERT NETWORK



Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention (Maine CDC)
(Formerly Bureau of Health)
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**ADVISORY - Important Information **

2009PHADV053

TO: All Health Care and Laboratory Recipients

FROM: Dora Anne Mills, M.D., M.P.H., Public Health Director

SUBJECT: Updated Clinical Guidance for Influenza-Like Illness

DATE: October 9, 2009

TIME: 1:00 pm

PAGES: 3

PRIORITY: High

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Testing and Management for Influenza-Like Illness (ILI) October 9, 2009

This advisory provides an updated algorithm for health care providers in Maine for testing and management of influenza-like illness (ILI).

Health care providers and other public health partners are asked to report to Maine CDC influenza infection among patients who:

- Are hospitalized;
- Have died; and/or
- Are associated with a suspected outbreak.

Health care providers with questions on influenza can contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week.

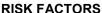
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CLINICAL CRITERIA

Influenza-like illness (ILI) is defined as

- Fever >37.8°C (100°F); AND
- Cough or sore throat

in the absence of a KNOWN cause other than influenza



- Patient requires hospitalization; OR
- Patient is at high-risk for severe disease
 - Child <2 years of age;
 - Person <u>></u>65 years of age;
 - Persons with the following conditions: chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurological, neuromuscular, or metabolic disorders (including diabetes);
 - o Immunosuppression, including that caused by medications or by HIV;
 - o Pregnant women;
 - Persons <19 years of age who are receiving long-term aspirin therapy

TESTING

- Submit a specimen for influenza testing for patients with ILI who are hospitalized, who have died, or for whom a diagnosis of influenza would affect clinical care, infection control, or management of contacts.
- When testing is indicated, rapid diagnostic tests that are negative should be followed by PCR testing.
- For outbreaks in institutional settings, submit 3-4 specimens to confirm the cause of the outbreak. Once infection has been confirmed as influenza, further testing is not usually indicated.
- Information on testing at the Health and Environmental Testing Laboratory is available at: http://www.maine.gov/dhhs/etl/micro/submitting_samples.htm

MANAGEMENT

- If a patient meets the clinical criteria and has ≥1 risk factor, implement appropriate management steps outlined below. Do not wait for test results.
- Use appropriate infection control precautions (www.cdc.gov/h1n1flu/guidance/)
- Treat patients meeting the clinical and risk factor criteria with antivirals (http://www.cdc.gov/h1n1flu/recommendations.htm)
- Consider early treatment or prophylaxis with antivirals of close contacts who are at high risk of severe disease OR health care workers who did not use appropriate personal protective equipment (http://www.cdc.gov/hln1flu/recommendations.htm)
- Contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week for more information.